

NERVE SUPPLY.

TOO MUCH DAILY STRAIN.

The Art of Living With Others.

Sunday-School Times.

Philip Gilbert Hamerton, in the preface to his "Essays on Human Interference," tells us that he first purposed making the work one long essay, or formal treatise, but, after making some progress, felt that it was not very readable, and the writing of it was not a satisfactory occupation. After a time he discovered the difficulty. A formal treatise, to be satisfactory, can be written only about ascertained or ascertainable laws; and human intercourse, as it is carried on between individuals, though it looks so accessible to every observer, is in reality a subject of infinite mystery and obscurity, about which hardly anything is known, about which nothing is known absolutely and completely. He found that any attempt to ascertain and proclaim a law only ended, when the supposed law was brought face to face with nature, by discovering so many exceptions that the best practical rules were suspension of judgment, and a reliance upon nothing but special observation in each particular case.

It would be a great comfort if such laws could be perfectly known, and living with other people reduced to a positive science which could be learned once for all; but so long as there are no two people in the universe exactly alike, and we can know each other but very little at best, the only way to learn is through our own experience. Perhaps in another state of existence, where we shall know even as we are known, the laws will seem simple enough.

One important thing to bear in mind is that we ourselves must be lived with, and should try as far as possible to keep fit for it. The kindest and most unselfish person finds it hard to live pleasantly with one who is nervous, irritable, and unreasonable. This irritability is in many cases largely a sin of the flesh,—"physical depravity," some one calls it. Nervous and irritable temper are usually the mere physical result of a used-up condition. We have overused our nervous energy,—used up in one day, perhaps, the supply for a week, and have nothing left for the other days. With this nervous energy all spent, it is impossible to feel cheerful or be pleasant to those around us; and yet we somehow seem to feel that we have a right to spend it, if only it be in worthy work, and we even take credit for self-sacrifice. It is the old idea of crucifying the flesh, which too often crucifies our friends. And, until we make as much of a religion of saving enough of our selves to be able to bear and forbear, give and forgive, and be a source of life and cheerfulness to those with whom we live, as we do of attending carefully to all the other home duties,—getting the mending all done on a certain day, and the house dusted from top to bottom every week, and the pies made, or of doing church and Sunday-school work,—these crucifixions are likely to be of frequent recurrence. Children suffer most keenly from overwork, because they cannot understand and make allowance when they are scolded and punished for our headaches and backaches.

Many are so situated that it is impossible to avoid constantly overdoing and overdraining upon their nervous energies, and therefore they are always exhausted and worn out; but there are many others who, by leaving out some less important things, might find time for rest and recreation needful to good cheer.

People who live together need rest from each other, as well as rest from work. It is neither safe nor morally healthful for the members of a household to live always in common. There are times when the mere presence of our nearest friends grates upon us, and we feel the need of some place sacred from intrusion, like the Jewish inner sanctuary. The daughter of Mary Somerville tells how the members of their family were occupied separately in the morning, and came together in the afternoon for mutual benefit. In households where there is not perfect harmony some such arrangement may often make the difference between "temper in a palace," which Dickens' "Cheap John" tells us is bad enough, and "temper in a cart," the dreadfulness of which he can find no words to express.

Too much separation may lead to a lack of sympathetic interest in one another's work; and this lack of sympathy, at least of expressed sympathy, in some households, is pitiful. A talented artist whom I know said to a friend who was admiring her work that her mother and sisters had never told her that they liked her pictures. She was a woman past middle age, who had never married; and all her life she had been hungering for the sympathetic appreciation of those she loved best. I sometimes wonder if we may not do nearly as much harm in keeping back the kindly, sympathetic words as by giving utterance to the unkind ones.

The sympathetic appreciation of all that is best in others aids, perhaps, more than any other one thing, to helpful and harmonious living together.

er by people of different tastes and interests as well as those who have much in common. If we can appreciate the excellencies and sympathies with the efforts of those whose whole lives may have been totally different from ours, and whose culture is along altogether different lines, if we can realize how much they may be able to teach us, instead of dwelling upon and magnifying anything less pleasant, there is likely to be little difficulty. On the other hand, if either be disposed to overrate the value of his own attainments, and lose sight of the other's, though it be only in thought, farewell to real helpfulness and harmony. Some one has said, "The highest cultivation is that which brings into the closest sympathy with every form of human life."

Another help to harmony is the avoidance of unnecessary criticism upon those with whom we live. The habit of constant criticism is one of the most trying to the nerves and temper of those criticised. It is particularly hard for young people, who are apt to develop under it either a painful self-consciousness or an impatience which is ready to raise an argument in self-defense at the slightest word. There is too often the feeling that our nearest friends ought to know we feel kindly toward them, to take that for granted, and not to mind the little over-sights in manner or in act. Members of the same household may speak more plainly to each other than to strangers, but it need not be less courteously. There is no reason why there should not be the same delicacy in avoiding disagreeable topics in the home as in outside society. It seems pitiful that we so often feel privileged to vent all our ill temper and unpleasantness on those dear to us, and save the good cheer and courtesy for the world outside.

Those delightful people who are always looking for the good and pleasant things in others, and are slow to think evil of any, find it easy to live in harmony. The queen in the old story says, "He who looks for flowers will find them, and he who is seeking for weeds will see nothing else." The weed-hunting disposition is a mischievous spoiler of peace. There is a temptation to show all the weeds and thorns to those who are looking for them. Hunting for the flowers will not always keep the weeds out of sight, but it helps to make easier that patience and forbearance so essential to helpfulness and harmony.

"For still in mutual suffering lies The secret of true living; Love scarce is love that never knows The sweetness of forgiving."

The Origin of Queer Words.

Selected.

O, dear! is equivalent to "Odio mio," or Oh, my God.
Rotten Row, the famous drive in London, was originally called in route du roi, or the King's passageway.
"Pope" was originally "papa" and "Czar" and "Kaiser" are both Caesar.
"Thimble" was originally "thumb-bell," as the thimble was first worn on the thumb.
"Dandelion" was dent de lion, or the lion's tooth.
Vinegar is taken from the French, vin aigre, or sour wine.
Villain was simply the name given to a laborer on the villa of a Roman country gentleman.
Dominie, the old name used for a preacher, is derived from Dominus.
Lord in the old Anglo-Saxon was hiaford, or lord distributor.
Sir was originally the Latin senior.
Madame is "my lady."
Slav was originally a person of noble lineage; not the slave as now applied.
Jiminy is a reminiscence of the classical adjuration, Ogemini, used by the ancient Romans when they called upon the twins Castor and Pollux, to assist them.

Deceiving Children.

Selected.

Is it any wonder to an observant mind that so many children grow up to be deceitful, when the example is set them daily in the deceptions practiced on them by parents? A doctor who had been called to visit a sick boy, some few years old, was told by the mother, as he entered the house, that she could not get her boy to take any medicine without fooling him, to which the doctor replied that he should reason with him. Going to the boy, he told him he was very ill, and must take some medicine, which would taste badly and make him feel badly for a little while, and then it would make him feel better. He then prepared the medicine, and the boy took it like a man without any resistance; and he would take from his mother anything that the physician had prescribed, but would take nothing else from her. She had so often deceived and told him it was good, when she gave him medicines, that he would not trust to anything she said.

Honesty with children, as well as with all others, and in all circumstances is the best policy. A mother's feelings under such circumstances must be anything but enviable, and this incident should teach them to avoid telling falsehoods to their children.

The smallest humming-bird weighs less than a feather.

The Uses of Hot Water.

The best method of using hot water are as follows: For sprains of the ankle and wrist or any joint, the part should be thoroughly soaked for half an hour at a time, night and morning, in very hot water, writes a Marcy M. D., in a very valuable list of "Domestic Household Remedies" in the Ladies' Home Journal. Any one suffering from a severe sprain will not require more than the first soaking to convince them of the advantage of hot over cold water. A flannel bandage should be applied firmly after each treatment. For bruises very much the same method should be followed, although the application need not be continued for so long a time. For wounds and sores the best method is to drip or pour for a few minutes. For styes and inflamed eyelids, and even for sore eyes, use water as hot as can be borne, by sipping. To stop bleeding, very hot water applied to the raw surface will be found efficacious. For many forms of dyspepsia and biliousness, particularly a catarrhal condition of the stomach, a goblet of hot water, drunk after the night's fasting, will give relief. For continued application, in the form of a poultice, as in catarrh of the breast, pleurisy, pneumonia, etc., a jacket of cotton batting wrung out in very hot water by means of a towel, and covered with oiled silk or waxed paper, should be used.

Another Thing the Same.

Christian Observer.

I don't know anything about progressive euchre, but I know that when two "one-gallus" fellows play cards for money or other property, down in a hollow, that is gambling." Progressive means advancing, and parties clad in silks, satins, broadcloth, diamonds, gold watches and gold chains, meet in a parlor and play a series of games, and upon the result of the series the property in the prizes changes ownership. I think the game has progressed very far from the "one-gallus" fellows in the hollow, but it is still gambling.

A stomachful of undigested food is about as unhealthy a mass as one can well imagine.
What can be done with it?
There it stays. It won't digest. It churns up, ferments and decays; becomes poisonous (as all putrid matter does) and causes great pain and deep-seated disorders.

In order to change all this, take Shaker Digestive Cordial.
It stops fermentation and decay at once, so that no more poisons are created.

It clears the stomach of poisons already there. It helps it to turn the food that remains, into healthful nourishment. It strengthens the stomach for the next meal.

Here is the whole philosophy and cure of indigestion in a few words. And what's more, it's all true. Try it. Shaker Digestive Cordial is for sale by druggists, price 10 cents to \$1.00 a bottle.

Fits Cured
From U.S. Journal of Medicine Prof. W. H. Peck, who makes a specialty of Epilepsy, has without doubt treated and cured more cases than any living Physician; his success is astonishing. We have heard of cases of so years' standing cured by him. He publishes a valuable work on this disease, which he sends you 15¢ a large bottle of his absolute cure, free to any sufferer who may send his P. O. and Express address. We advise any wishing a cure to address Prof. W. H. Peck, P. O. Box 4, Cedar St., New York.

PISO'S CURE FOR CONSUMPTION
CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Throat Good. Use in time. Sold by druggists.

PERSONAL.
FREE—64-page medical reference book to any person afflicted with any special, chronic or delicate disease peculiar to their sex. Address the leading physicians and surgeons of the United States, Dr. Hathaway & Co. 22 1/2 South Broad street, Atlanta, Ga.

JOHN SKIPWITH, BOOT and SHOE-MAKER.

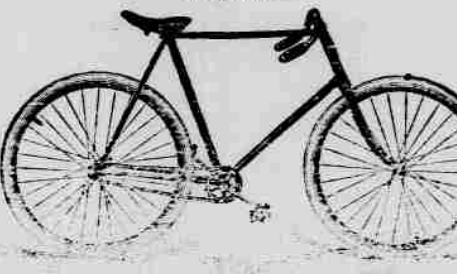
Groceries AND CONFECTIONERIES.
One Door North of Stern's, Main St. 75 1/2 - SCOTLAND NECK, N. C.

TRINITY COLLEGE, DURHAM, N. C.
Trinity offers courses in Mathematics, Philosophy, Latin, Greek, German, French, English, History, Political Science, Political Economy, Social Science, Chemistry, Astronomy, Mineralogy, Geology, Physics, Biology and Bible.

BEAUTIFUL LOCATION, BEST EDUCATIONAL ENVIRONMENTS AND THOROUGH INSTRUCTION.
\$181 to \$220 pays all College expenses per year.
Next Session opens Sept. 9, 1896.
For catalogue, address JOHN C. KILGO, President.

Money Refunded.
We have just received a shipment of Johnson's Chill and Fever Tonic.
It was bought with a distinct understanding between the manufacturer and ourselves that each and every bottle is guaranteed to cure any of the following diseases:
1st—CHILLS AND FEVER.
2nd—BILIOUSNESS.
3rd—TYPHOID FEVER.
4th—HEMORRHAGIC FEVER.
5th—DENGUE FEVER.
6th—MEASLES.
7th—NEURALGIA.
8th—LAGRIPPE.
Now, we are willing to sell to you on the same conditions we buy it on. We will guarantee one single 50¢ bottle to cure any of the diseases above enumerated. Failing to do so we will cheerfully return your money.
Yours truly,
R. T. WHITEHEAD & CO.

R. E. L. PITT,
TARBORO, N. C.
BICYCLES OF ALL KINDS ON HAND.



Iver Johnsons, \$100.
Fitsburg, \$75.

Specialty in repairing. All parts furnished for any bicycle manufactured.

PLUMBING AND STEAM FITTING AT LOWEST PRICES.
6 25 ly

MAIN STREET RESTAURANT,
MILKSHAKES AND LEMONADE.



I eat at Robinson's. I Don't.

Nourishing meals at all hours. Shoe-shop for making and repairing.

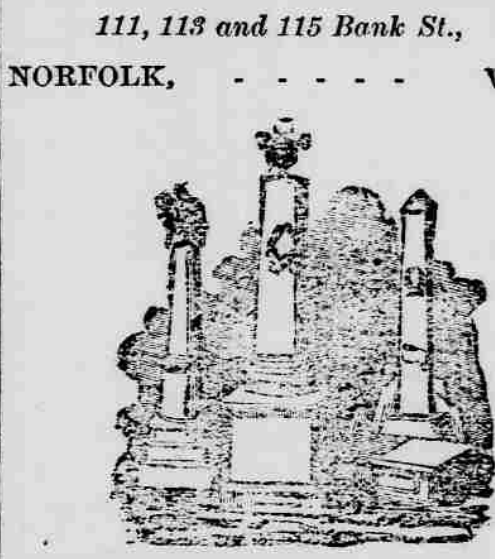
JOHN ROBERSON, Main Street, Scotland Neck, N. C.

NO MORE EYE-GLASSES
NO MORE WEAK EYES.

MITCHELL'S EYE-SALVE
A Certain, Safe, and Effective Remedy for SORE, WEAK, & INFLAMED EYES, Producing Long-Sightedness, & Restoring the Sight of the Old.

Cures Tear Drops, Granulations, Styne Tumors, Red Eyes, Matted Eye Lashes, AND PRODUCES QUICK RELIEF AND PERMANENT CURE. Also, equally efficacious when used in other maladies, such as Ulcers, Fever Sores, Tumors, Salt Rheum, Burns, Piles, &c. wherever inflammation exists, MITCHELL'S EYE-SALVE may be used to advantage.
Sold by all Druggists at 25 Cents.
11 14 ly (C)

The Cooper Marble Works
111, 113 and 115 Bank St., NORFOLK, - - - - - VA.



Grave Stones
15 1 ly

ABBOTT'S EAST INDIAN Corn Paint
Cures CORNS, BUNIONS AND WARTS SPEEDILY AND WITHOUT PAIN.
FOR SALE BY ALL DRUGGISTS.
LIPPMAN BROTHERS, Prop'rs, Lippman's Block, SAVANNAH, GA.

CONDENSED SCHEDULE.
Dated April 20, 1896.

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

CONDENSED SCHEDULE.
Dated April 20, 1896.

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

CONDENSED SCHEDULE.
Dated April 20, 1896.

CONDENSED SCHEDULE.
Dated April 20, 1896.

Atlantic Coast Line.
W. & W. R. R. AND BRANCHES.

CONDENSED SCHEDULE.

TRAINS GOING SOUTH.

Dated April 20, '96.	No. 23. Daily. A. M. P. M.	No. 35. Daily. P. M. A. M.	No. 41. Daily. A. M.
Lv. Weldon	11 55	9 44	
Ar. Rocky Mt.	1 00	10 39	
Ar. Tarboro.	12 20		
Lv. Rocky Mt.	1 05	10 20	6 00
Lv. Wilson	2 03	11 03	
Lv. Selma	2 53		
Lv. Fayetteville	4 30	12 53	
Ar. Florence	7 20	3 00	

No. 47. Daily. P. M. A. M.	No. 78. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.
Lv. Wilson	2 13	7 35
Lv. Goldsboro	3 10	9 35
Lv. Magnolia	4 16	8 29
Ar. Wilmington	5 45	10 00

No. 78. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.	No. 40. Daily. P. M. A. M.
Lv. Florence	8 15	7 25
Fayetteville	10 55	9 30
Lv. Selma	12 32	
Ar. Wilson	1 20	11 15

No. 48. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.	No. 40. Daily. P. M. A. M.
Lv. Wilmington	9 00	6 30
Lv. Magnolia	10 37	8 02
Lv. Selma	11 55	9 10
Ar. Wilson	12 25	9 55

No. 78. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.	No. 40. Daily. P. M. A. M.
Lv. Wilson	12 52	11 20
Ar. Rocky Mt.	1 48	12 02
Ar. Tarboro	2 23	
Lv. Tarboro	12 20	

No. 48. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.	No. 40. Daily. P. M. A. M.
Lv. Wilmington	9 00	6 30
Lv. Magnolia	10 37	8 02
Lv. Selma	11 55	9 10
Ar. Wilson	12 25	9 55

No. 78. Daily. P. M. A. M.	No. 32. Daily. P. M. A. M.	No. 40. Daily. P. M. A. M.
Lv. Wilson	12 52	11 20
Ar. Rocky Mt.	1 48	12 02
Ar. Tarboro	2 23	
Lv. Tarboro	12 20	

Train on Scotland Neck Branch road leaves Weldon 3.55 p. m., Halifax 4.13 p. m., arrives Scotland Neck at 5.05 p. m. Greenville 6.47 p. m., Kinston 7.45 p. m. Returning leaves Kinston 7.20 a. m., Greenville 8.22 a. m., arriving Halifax at 11.00 a. m., Weldon 11.20 a. m., daily except Sunday.

Trains on Washington Branch leave Washington 8.00 a. m., arrives at Farmville 8.50 a. m., returning leaves Farmville 6.10 p. m., arrives Washington 7.35 p. m. Daily except Sunday. Connects with trains on Albemarle and Raleigh Railroad and Scotland Neck Branch.

Train leaves Tarboro, via Albemarle & Raleigh road daily except Sunday, 4.40 p. m., Sunday 3.00 p. m., arrive Wilmington 7.18 p. m., 4.20 p. m., Plymouth 8.30 p. m., 5.20 p. m. Returning leaves Plymouth, daily except Sunday, 6.00 a. m., Williamston 7.30 a. m., 9.58 a. m. Arrive Tarboro 10.40 a. m., 11.20 a. m.

Trains on Southern Division, Wilson and Fayetteville Branch leave Fayetteville Branch leave Fayetteville 5.30 p. m., arrive Rowland 7.11 a. m. Returning leave Rowland 7.35 a. m., arrive at Fayetteville 9.19 a. m. Daily except Sunday.

Train on Midland, N. C., Branch leaves Goldsboro, daily except Sunday 6.00 a. m., arrive Smithfield 7.30 a. m. Returning leaves Smithfield 8.00 a. m., arrive Goldsboro 9.30 a. m.

Train on Nashville Branch leaves Rocky Mount at 6.20 p. m., arrives Nashville 7.15 p. m., Spring Hope 7.40 p. m. Returning leaves Spring Hope 8.00 a. m., Nashville 8.35 a. m. Rocky Mount 9.15 a. m., daily, except Sunday.

Train on Clinton branch leaves Warsaw for Clinton daily except Sunday at 6.20 p. m., and 11.15 a. m. Returning leaves Clinton at 8.20 a. m., and 3.10 p. m. connecting at Warsaw for Clinton, daily, except Sunday at 6.20 p. m., and 11.15 a. m. Returning leaves Clinton at 8.20 a. m., and 3.10 p. m., connecting at Warsaw with Nos. 41, 40, 23 and 78.

Trains No. 57 South bound and 14 North will stop only at Rocky Mt., Wilson, Goldsboro and Magnolia.

Train No. 78 makes close connection at Weldon for all points North daily. All rail via Richmond, and daily except Sunday via Bay Line, also except Sunday, with Norfolk and all points north via Norfolk.

JOHN F. DINNIE, J. R. KENLY, GENERAL Supt. TRANS. T. M. EMMERSON, Gen'l Pass. Agt.

NORFOLK & CAROLINA R. R.

CONDENSED SCHEDULE.

Dated April 20, 1896.

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

Daily ex. San. South Bound Trains.	Daily ex. Sun. North Bound Trains.
No. 103 No. 49 P. M. A. M.	No. 45 No. 102 P. M. A. M.
2 10 8 40 Lv Norfolk Ar.	6 00 10 5 2 15 9 00 Pinner Point
2 50 9 29 Drivers	5 35 9 30 3 05 9 44 Suffolk
3 43 10 18 Gates	4 57 8 51 4 02 10 38 Tunica
4 30 11 00 Ahokey	4 45 8 15 4 45 11 14 Aulander
5 25 11 57 Hobgood	2 54 7 58 5 50 12 20 Ar. Tarboro
2 35 6 55	

No. 23 carries pullman parlor car Norfolk to Rocky Mount and connects with A. C. L. Train 23 for all points south.

No. 103 connects at Hobgood for all eastern Carolina points, also at Rocky Mount with A. C. L. train 27 for all points south.

No. 78 carries pullman parlor car Rocky Mount to Norfolk and connects for all points north.

For all information schedules call on or address G. M. SERPELL, J. R. LENLY, Gen'l Manager Supt. Trains. T. M. EMMERSON, Gen'l Passenger Agent

FITS or Falling Stomach CAN BE CURED.
We will send FREE by mail a large TRIAL BOTTLE of a tried and tested Relief POWDER, SUFFER ANY LONGER? Send For Free, State and County, and Age, please. Address, THE HALL CHEMICAL CO., 2229 Fairmount Avenue, Philadelphia, Pa.

W. D. HARRISON'S 'BUS LINE

—BETWEEN—

ROANOKE RAPIDS AND WELDON.

SCHEDULE AS FOLLOWS:

Leave Weldon